


1-2 Years		
Skill Area	What to Expect	What You Can Do...
<i>Self-Care</i>	<ul style="list-style-type: none"> • Dressing – may begin to take underwear, pants, socks and shoes off • Feeding – uses a straw, spoon and fork, drinks from a cup, finger feeds self • Toileting – indicates when soiled • Hygiene – tolerates getting haircut • Safety - maintains safe position when showering/bathing 	<ul style="list-style-type: none"> • Model playing and exploring of objects • Acknowledge and respond positively to their reactions • Encourage play in a small group or with others (can be of same age or older)
<i>Play/Social Skills</i>	<p>Play Skills:</p> <ul style="list-style-type: none"> • Simple pretend play • Imitates adults or other kids • Becoming more interested in having other kids around and playing alongside them • Beginning to show some co-operation when playing • Mimics household activities – e.g. bathing baby • Can stack and knock over blocks • Spends a lot of time exploring – e.g. mouthing <p>Social/Emotional Skills:</p> <ul style="list-style-type: none"> • May show anxiety when separated • Seeks comfort when afraid/upset • Increased temper tantrums – especially when upset/tired • Able to take cues from parents • Assists others in distress – e.g. patting them on the back • Can point to/identify body parts 	<ul style="list-style-type: none"> • Motivate them to succeed with new challenges • Encourage empathy – ‘Can you help me?’ • Encourage using both hands • Use various gross motor activities to encourage their use of skills and challenge them – e.g. playing with both large and small balls, playing on various play equipment that involve climbing, upper body strength and running.
<i>Handwriting/ Drawing</i>	<ul style="list-style-type: none"> • Holds pencil in a fist or like a dagger • Begins to scribble 	<ul style="list-style-type: none"> • Use puzzles that require matching of the same picture and that require them to use their fingers to grasp the piece
<i>Fine Motor Skills (hands/fingers)</i>	<ul style="list-style-type: none"> • Manipulates play dough • Can build a block tower • Pick up small objects with pincer fingers • Can turn pages of a book – 2 or 3 pages at a time <p>When approaching 2-years:</p> <ul style="list-style-type: none"> • Able to string large beads • Can complete 3 piece puzzle • Make small snips on paper with scissors 	
<i>Gross Motor Skills (arms/legs)</i>	<ul style="list-style-type: none"> • Gets on/off furniture • Walking more independently, beginning to run • Accesses floor independently • Transports items • Squatting to pick up items • Beginning to kick and throw a ball 	<p><i>Roll, K. & Roll, W. (2013). The REAL: Roll Evaluation of Activities of Life.</i></p> <p><i>Aus. Govt. (2015). Developmental milestones and the EYLF/NQS.</i></p>

